

2025 KEALAHO'IMAI

American Council
on Exercise



PERSONAL TRAINER CERTIFICATION



**FREE 6-MONTH
PROGRAM**

ELIGIBILITY CRITERIA

- High school diploma or equiv.
- Ages 18+
- Resident of Maui, Molokai, Lanai
- UHMC health clearances
(required for Maui residents only)

APPLY ONLINE

<https://forms.gle/HrUaiQmq5kf6vO9ZA>

DEADLINE: January 12, 2025

Contact: kealahoi@hawaii.edu

PART 1

**February 11 -
April 5, 2025**

**Introduction to ACE-
based Anatomy &
Exercise Physiology**

Online Classes
Tuesdays at 5-7 pm &
Saturdays at 8-10 am



PART 2



April 15 - August 16, 2025

Exercise Science for ACE-
Certified Personal Trainers

Online Classes

Tuesdays & Thursdays at 5-7 pm

Practicums: Flexibility, Agility
& Martial Arts; Strength &
Resistance, HIIT

In-Person Classes

at UH Maui College Kahului campus
Saturdays at 8:30-11:30 am

Or self-directed activity for
Molokai/Lanai students

ACE CPT EXAM DEADLINE:

September 12, 2025

